Naval Medical Center San Diego Post Traumatic Stress Disorder Intensive Outpatient Program (NMCSD PTSD IOP)

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Mission Statement:

The PTSD IOP program at NMCSD is an evidenced-based eight week therapeutic curriculum designed to help Wounded Warriors struggling with combat stress symptoms.

Program Development

- The program began on 22 FEB 2010 and is based upon research into the effects of traumatic stress. The program mirrors successful programs at Landstuhl Regional Medical Center, Walter Reed Army Medical Center, and the Veterans Administrat

Program Staff

- The PTSD IOP Program is a joint military and civilian effort accomplished by multidisciplinary team members at NMCSD.
- The program staff includes: licensed mental health providers, nurse case managers, nutritionist, sports physiologist, primary care providers, recreational therapist, educators, chaplain, and YMCA and community volunteers.

Program Content:

- During the eight hour days, program participants are involved in evidenced- based group psychotherapies including Cognitive Processing Therapy and Cognitive Behavioral Therapy.
- A weekly group addressing traumatic bereavement is conducted.
- The evidenced based therapies are augmented by wellness and community re-integration activities.
- Coping/life skill education classes are provided.

Curriculum

- Cognitive Processing Therapy
- Cognitive Behavioral Therapy
- Bereavement Group
- Relationship and Life Skills Classes (Presented by the Fleet and Family Service Center with topics covering anger an stress management, domestic violence, and communication skills)
- Psychiatric Medication Education
- Art Therapy
- Spirituality
- Nutrition
- Healthy Cooking
- Therapeutic Horseback Riding
- Surf Clinic
- Recreational Therapy
- Sleep Hygiene
- Yoga
- Therapy Dog Interaction Opportunities
- Family Education and Support Group

Sample Weekly Schedule:

PTSD IOP SCHEDULE (week 3- May 2010)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
0730	Community meeting 26/5	Community meeting 26/5	Community meeting 26/5	Community meeting 26/5	Community meeting/PCL's/goal sheets 26/5
0800	CPT Group 800-930 26/3	CBT Group 26/5 800-930	CPT Group 26/5 800-930	Grief and Loss Group 26/3 0800-0930	Relationship/Life Skills 26/5 800-900
0830	BREAK 930-1000				BREAK 900-930
0900		Medication Education 26/5	Transport to event 930-1045	930-1000 (transport to event)	Recreational Therapy
0930					TENNIS
1000	Relationship/Life Skills 26/3 1000-1100	930-1030		Surf Clinic 1000-1200 Del Mar Beach	
1030					930-1200
1100	Apmts or PT 1100-1200	Spirituality 26/5 1030-1200	1100 LUNCH (in Ramona)		
1130			Therapeutic Horseback Riding/Operation Saddle Up, Ramona		
1200	LUNCH	LUNCH	1130-1400	LUNCH (on the beach)	Lunch (at RT outing location)
1230					
1300	Art Therapy 26/3 1300-1500	Nutrition Wellness 26/1 1400-1500		Sleep Hygiene Group 3/4 1300-1400	Mind-Body Education 26/5 1300-1430
1330					
1400				Yoga Wellness 26/1 1400-1530	
1430					Appts. or PT 1430-1600
1500	Appts.or PT 1500-1600	Healthy Cooking	Return to Command 1600 Tobacco Cessation 3/3 (optional)1600-1700		
1530		Wellness 26/1 1500-1630		Appts./PT 1530-1600	
1600					

Admission Criteria:

- Active duty service members with combat related PTSD diagnosis/symptoms that impair functioning and/or create distress.
- Patients who could benefit from a higher intensity of care than 1-2 times per week outpatient care but do not require 24 hour monitoring provided by a residential program.
- Participation is voluntary. Due to the highly structured and rigorous nature of the program, only patients who are strongly motivated for psychological healing are suitable for enrollment.

Exclusionary Criteria:

- Interfering legal, medical, or substance abuse issues. There is minimal time in the highly structured schedule to address these issues.
- Recent legal or administrative issues within the past month are not appropriate for program admission.
- Patients recently discharged from inpatient psychiatric hospitalization must be stable on their medications and not have a suicide attempt with in the past six months.
- Personality Disorders are not appropriate for program admission.

Program Evaluation

- Patients complete pre and post treatment assessments to evaluate program effectiveness.
- Preliminary program data from first cohort (n=6) shows a 25% return to duty rate, approximately 20% improvement in pre and post program PCL-M scores, and a significant decline in pre and post psychiatric symptom severity on the BSI (PST, $p<.03$).

Program Referral Information:

- Patients require medical, psychological, and appropriate dispositions prior to program referral (e.g., profile status, medical board initiation, or LIMDU status)
- Case managers, Primary Care Providers, of Mental Health providers may refer potential admissions to the PTSD IOP.
- For questions or a program referral packet, please contact Ms. Jessica Richards at (619) 531-1491.